

BC Wellbeing News

AUTUMN 1

September 2022

Welcome to the first 2022-2023 Wellbeing newsletter! This is a half-termly publication with news, tips and useful links.

Meet our Mental Health Team

Mrs Nutt



Mr Clarke



Mrs Jethwa



Mrs Peckover



Mr Quigley



Mrs Reynolds



Senior Mental Health Lead

These are members of staff who have had training in supporting young people with mental health issues and are able to offer a listening ear, common sense advice and signpost sources of support. They are not counsellors and are not able to diagnose, nor offer specialist advice or therapies.

At Bishop Challoner Catholic College we aim to promote good mental health and wellbeing for our whole community: students, staff, parents and carers.

We aim to develop protective factors by being a community in which all:

- are respected
- have a sense of belonging and feel safe
- are able to talk openly with trusted adults
- see good mental health as something to be valued and nurtured

We aim to achieve this through:

- living out our school missions statement "...we give glory to God by developing our full potential..."
- our PHSE curriculum
- awareness raising (wellbeing assemblies, tips for good mental health)
- listening to our students
- gaining insights via student voice

We want all members of our community to:

- feel confident in themselves.
 - be able to express a range of emotions appropriately.
 - be able to make and maintain positive relationships with others.
 - cope with the challenges of everyday life.
 - manage times of stress and deal with change.
 - thrive and achieve.
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- working in partnership with parents/ carers where there are concerns about mental health
 - signposting sources of external help and advice
 - making referrals and working with external agencies to provide additional support to those who need it
 - recognising the importance of staff mental health and wellbeing.
 - modelling healthy attitudes and habits

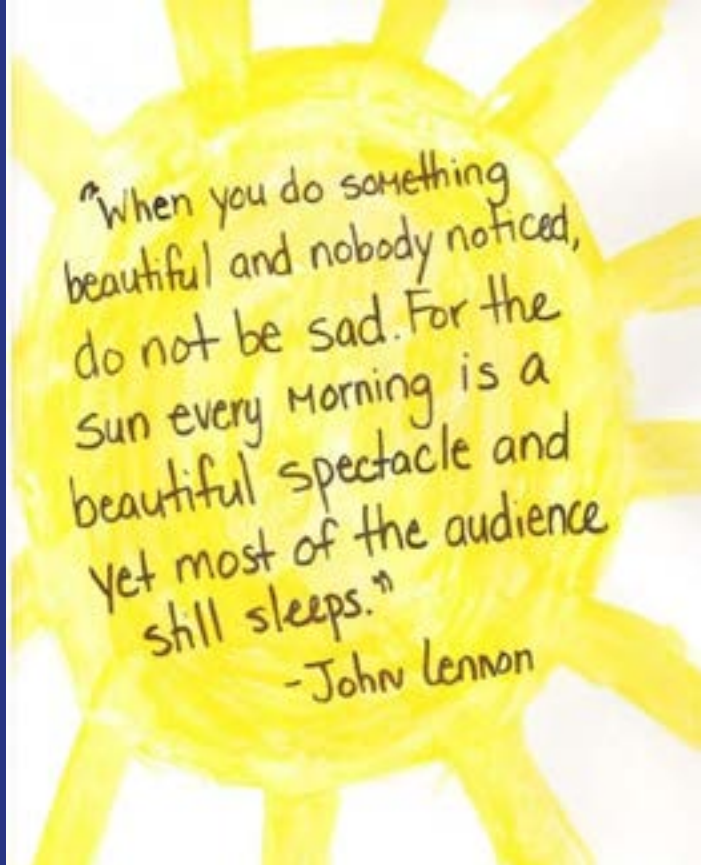
How Are Mornings in Your Household?

With busy lives and different demands on our time, mornings can be quite a stressful time for all of us. Whilst we hope students, by now, will have settled back into a good school routine, we are very aware that some can find mornings a source of anxiety. We have picked out 5 top tips from an article on the TATF (They Are The Future) website, which is a site hosted by a clinical psychologist with the aim of supporting parents and schools in raising happy children.

Top Tips to Limit Morning Anxiety

1. Prepare the night before; uniform, bag, equipment, packed lunch?
2. Get a good night sleep (minimum 8-10 hours)
3. Set an alarm to give you plenty of time. Forget the snooze button!
4. Limit social media first thing.
5. Eat breakfast- ideally containing protein to keep satisfied longer.

[Click here](#) to read the whole article.



Celebrating Mental Health Day



On Monday 10th October Bishop Challoner staff will once again be showing solidarity with young people facing mental health challenges and supporting the Young Minds Charity by fundraising and wearing yellow to school. Please click the link below to find out more about #Hello Yellow.

You will also find a huge amount of support and advice for parents/carers of young people on the Young Minds website.

www.youngminds.org.uk/support-us/fundraising/helloyellow/

“Mental health is a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.”
World Health Organisation, 2018

Please remember

If you have concerns about your child's or mental health or well-being, please contact a member of the Well-being Team, so that we can work together to support your child.

If you think the matter is of a safeguarding nature please contact Mrs Nutt or Mrs Peckover or ask to speak to another of the DSLs





Schools and Colleges Early Support Service Parent/Carer Webinars

1 **Weathering the storms of strong teen emotions: do's, don'ts and when to consider talking to someone**

Date: Monday 3rd October

Time: 12.30-1.30pm

Venue: Virtual via Zoom

Adolescence inherently consists of many storms that parents, families, and young people have to weather, many of which are driven by an intensity of emotions that is unique to this developmental stage. Teenagers grapple with their own identity, their social relationships, and their need for autonomy, and in turn parents face the challenge of being left out, managing their own reactions to strong teen emotions, and finding different ways of connecting with their teens. This webinar will provide an overview of the changes adolescents go through, why teenagers experience such strong emotional fluctuations and how these are linked to processes in the brain. It will offer ideas on how to support teenager with their strong feelings and what to best avoid. Lastly, the webinar will discuss the difference between normal emotional difficulties in adolescence and issues that may need additional support. Places on this webinar won't be limited and there will be an opportunity to ask questions at the end.

Register in advance for this meeting:

<https://annafreud.zoom.us/join/91276428591>

After registering, you will receive a confirmation email containing information about joining the meeting.

2 **Anxiety in adolescence: how can parents help?**

Date: Tuesday 11th October

Time: 5-6pm

Venue: Virtual via Zoom

It is normal to sometimes feel anxious, however for some adolescents, anxiety can become a significant problem that stops them from doing things, e.g., talking to new people, going out with friends, or doing their best in exams. The focus of this webinar will be on what parents/carers can do to help their teens who are experiencing anxiety. It will cover when anxiety is normal vs. problematic, common anxieties during adolescence (exam stress, social anxiety and worries about identity and development), the relationship between parent-child anxiety, and how and when to access support for you and your child. We will also discuss a couple of 'real world' examples of common adolescent anxieties and different strategies that may be helpful in those situations.

Register in advance for this meeting:

<https://annafreud.zoom.us/join/91276428591>

After registering, you will receive a confirmation email containing information about joining the meeting.

YOUNGMINDS | Parents Helpline

**FEELING SMALL
IS A BIG THING.**

Are you concerned about a young person in your life? Don't wait for the problem to 'go away', contact our Parents Helpline for free, confidential advice.

Call the helpline on **0808 802 5544**

Or visit www.youngminds.org.uk/parents-helpline to speak to us online



#HelloYellow